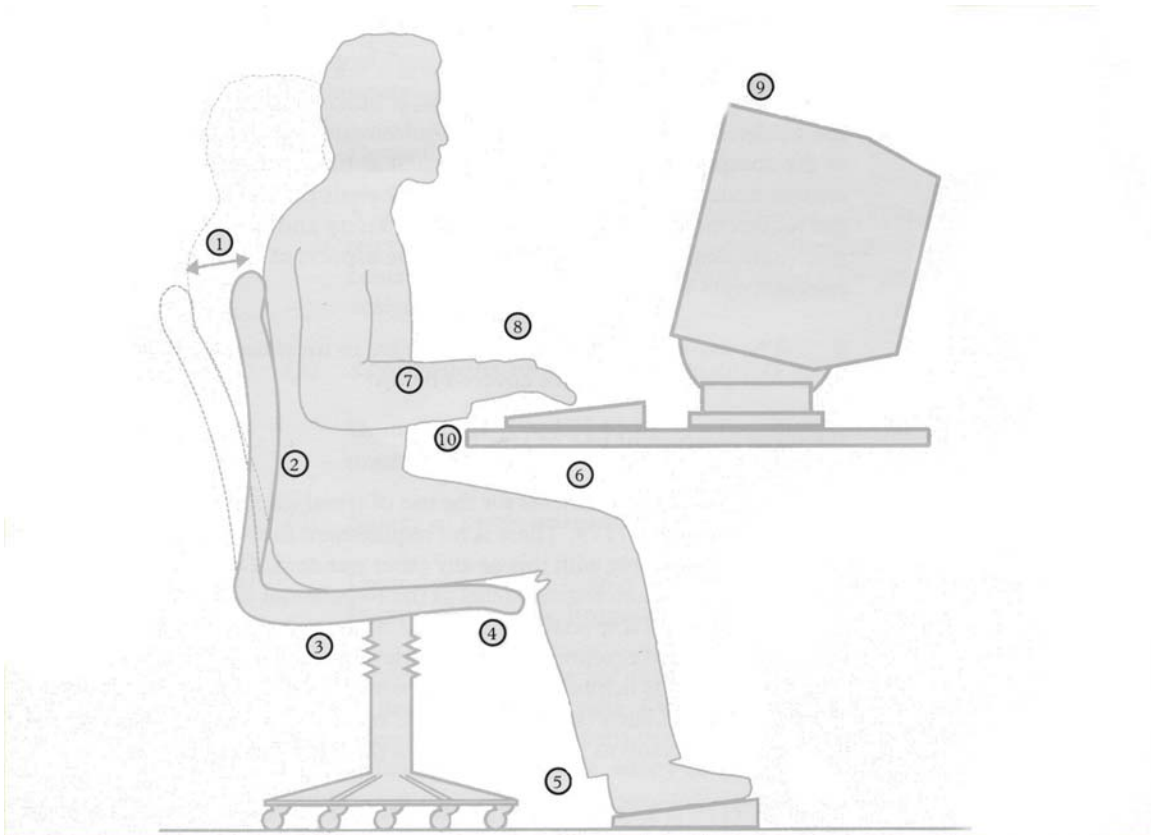


IDEALISED SEATING AND POSTURE FOR TYPICAL OFFICE TASKS



1. SEAT BACK ADJUSTABILITY
2. GOOD LUMBAR SUPPORT
3. SEAT HEIGHT ADJUSTABILITY
4. NO EXCESS PRESSURE ON UNDERSIDE OF THIGHS, BACKS OF KNEES
5. FOOT SUPPORT IF NEEDED
6. SPACE FOR POSTURAL CHANGE, NO OBSTACLES UNDER DESK
7. FOREARMS APPROXIMATELY HORIZONTAL
8. MINIMAL EXTENSION, FLEXION OR DEVIATION OF WRISTS
9. SCREEN HEIGHT AND ANGLE SHOULD ALLOW COMFORTABLE HEAD POSITION
10. SPACE IN FRONT OF KEYBOARD TO SUPPORT HANDS/WRISTS DURING PAUSES IN KEYING

This diagram is reproduced from Health and Safety Executive Guidance and Regulations